**Curriculum Vitae**

**Ashti Morovati, BSc in Nutrition Science, MSc in Nutrition Science and PhD student in Nutrition Science**

**CONTACT**

* **ashti.morovati@yahoo.com**
* **amorovat@ttu.edu**

**EDUCATION**

**Currently**

**Texas Tech University, Lubbock, USA**

**PhD student**

Distinguished Graduate Research Assistant, NIOR lab, Nutrition Science Department.

**Supervisor: Dr. Naïma Moustaïd-Moussa**

**2015-2019**

**M.Sc**. in Nutrition Science, Tabriz University of Medical Sciences, Tabriz, Iran.

**Thesis Title**: The Effects of Cumin Cyminum L. Supplementation on components, inflammatory and oxidative stress indices in patients with metabolic syndrome.

**Supervisor**: **Dr. Bahram Pourghassem Gargari**

**2010-2014**

**B.Sc**. in Nutrition Science, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

**WORKING EXPERIENCE**

**Feb 2014 –July 2022**

**Baneh central Health department** under supervision of Kurdistan University of Medical sciences

**Position: Dietician**

**PUBLICATIONS**

1. **Morovati A**, Pourghassem Gargari B, Sarbakhsh P. Effects of cumin (Cuminumcyminum L.) essential oil supplementation on metabolic syndrome components: A randomized, triple‐blind, placebo‐controlled clinical trial. Journal of Phytotherapy research. 2 Sep 2019;33(12),3261-3269.
2. **Morovati A**, Pourghassem Gargari B, Sarbakhsh P, Azari H, Lotfi‐Dizaji L. The effect of cumin supplementation on metabolic profiles in patients with metabolic syndrome: A randomized, triple blind, placebo‐controlled clinical trial: Journal of Phytotherapy Research 2019 Feb14; 33(4) 1182-1190.
3. Lotfi‐Dizaji L, Mahboob S, Aliashrafi S, Vaghef‐Mehrabany E, Ebrahimi‐Mameghani M, **Morovati A**. Effect of vitamin D supplementation along with weight loss diet on meta‐inflammation and fat mass in obese subjects with vitamin D deficiency: A double‐blind placebo‐controlled randomized clinical trial. Journal of Clinical Endocrinology. 24 Sep 2018;90 (1) , 94-101.
4. Aghdashi M, Seyedmardani S, Azari H, Miraki s, **Morovati A.** Association between vitamin D serum levels and fibromyalgia disease activity: Rheumatology Research Oct 2020;5(4) 153-158
5. Azari H, **Morovati A**, Pourghassem Gargari B, Sarbakhsh P. Beneficial effects of blueberry supplementation on the components of metabolic syndrome: a systematic review and meta-analysis. Food and Function. 17 January 2022, 13, 4875-4900.
6. Azari H, **Morovati A**, Pourghassem Gargari B, Sarbakhsh P.Blueberry improves components of metabolic syndrome in animal studies: a systematic review and meta-analysis (**Researchsquare Preprint**).

# Azari H, Morovati A, Gargari BP, Sarbakhsh P. An Updated Systematic Review and Meta-Analysis on the Effects of Probiotics, Prebiotics and Synbiotics in Autism Spectrum Disorder. Review Journal of Autism and Developmental Disorders. 2022 Nov 4:1-5.

**Conference Posters**

* **Morovati A**, Pourghassem Gargari B .CuminumCyminum essential oil improves antioxidant status in patients with metabolic syndrome: a randomized, triple blind, placebo-controlled clinical trial. 3rd international and 15th Iranian nutrition congress,2018
* **AshtiMorovati**, Hushyar Azari, Bahram Pourghassem Gargari. Effects of Cumin Cyminum Essential oil supplementation on metabolic syndrome components: A clinical trial.ICNMH2021, International Conference on Nutrition in Medicine and Healthcare, 5- August 2021,Vol:15, No:08, 2021Vancouver, Canada**.**

**Book**

SoheilAbbasi, FatemehRahimi, FahimehMartami, Zahra Mollarasouli, **Ashti Morovati**, Hushyar Azari. Comprehensive Review of Nutrition for Master and PhD Course Entrance, 3th Edition (Based on Krause's Food and The Nutrition Care Process 15h Edition), Jameenegar Publication, 2021, Tehran **( In Process)**

**REFERENCES**

* **Dr. Moustaïd-Moussa, Naïma, Ph.D, FTOS, FAHA**

**Horn Distinguished Professor,** and Founding Director of the Texas Tech University Obesity Research Institute, TTU, NIOR lab, Nutrition Sciences Department

Email: naima.moustaid-moussa@ttu.edu

(806) 834-7946

* **Dr. Yujiao Zu, Ph.D,Research Assistant Professor**

Texas Tech University, Nutritional Sciences

Email: yujiao.zu@ttu.edu

* **Dr. Pourghassem Gargari , Bahram, Professor**

Department of Biochemistry and Diet Therapy, Faculty of Nutrition, Tabriz University of Medical Sciences, Tabriz, Iran.

E-mail: pourghassemb@tbzmed.ac.ir

* **Dr. Hekmatdoost, Azita**, **Professor**

Honorary Associate Professor, Division of Gastroenterology, Hepatology and Nutrition, British Columbia's Children's Hospital and Child and Family Research Institute, University of British Columbia, Vancouver, British Columbia

E- mail: Azita.Hekmatdoost@cw.bc.ca or azita.hekmatdoost@sbmu.ac.ir